

# Rotkohl

by Danielle

**German:** Rotkohl or Rotkohl Mit Äpfeln

**English:** Red Cabbage or Red Cabbage with Apples

**Region:** Rotkohl is found all over Germany

**Why has it become a popular German food?**

Because it is a pickled food. Pickled food is soaked in salt water or vinegar. These became popular before refrigeration because it preserved the food. It also became popular because Frederick the Great of Prussia (in the 1700s) had a monopoly on salt - all salt had to be bought from him. Everyone in Berlin was made to buy lots of salt, so they started pickling everything just to use it up! Lots of recipes were invented, including Sauerkraut, Rotkohl, Rollmops (pickled fish & cucumbers) and Sauerbraten (braised pickled beef)

**What are the main ingredients?**

red cabbage, onion, cloves, bay leaf, apple, bacon, sugar, water, vinegar, red wine

**What meal is it eaten at?**

It would accompany meat at the main meal, which is Mittagessen (lunch).

# Strudel

By Emma and Amy



**German:** Strudel

**English:** Strudel (Strudel is a German word that we use in English)

**Region:** Strudel is really an Austrian food, but is a traditional pastry in the whole area that was part of the Austro-Hungarian empire. The southern part of Germany is in this area.

**Why has it become a popular German food?**

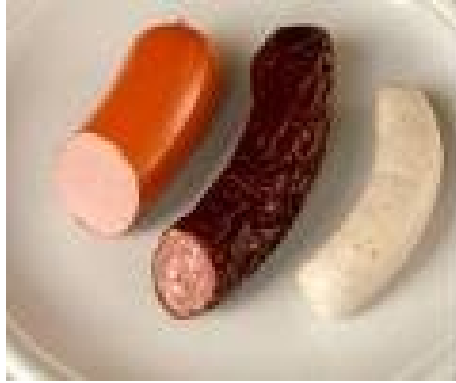
It began to become popular in the 18<sup>th</sup> century because of its cheap simple ingredients. However it has been around a lot longer because there is a recipe from the 16<sup>th</sup> century on record!

**What are the main ingredients?**

A strudel is a type of sweet layered pastry with a filling inside, that became well known and gained popularity in the 18th century.

It is made of sweet pastry (butter, flour, egg, salt, sugar) with various fillings. In Germany Apfelstrudel (apple strudel) is very popular. So is Topfenstrudel which has sweet soft quark cheese (a bit like fromage frais - or a plain fruche). Other fillings include: sour cherry, sweet cherry, poppy seed or raising. You can also get savoury strudels which have spinach, cabbage or sauerkraut.

## **Wurst - Bratwurst, Weisswurst**



**by Brodie, Harry, Sheldon and Michael**

**German:** Wurst / Wurstchen

**English:** sausage / little sausage

Bratwurst = grilled sausage; Weisswurst = white sausage (boiled); knackwurst is named after the noise it makes when it pops when you cook it.

**Region:** Hannover is the region where sausages were first made.

**Why has it become a popular German food?**

Wurst is a very popular food in Germany. They are popular because when Germany was in poverty people couldn't afford to waste the leftover pieces of the carcass.

**What are the main ingredients?**

Wurst can be made from different types of meat, but are commonly made from pork. The main ingredients of sausages were originally blood, liver and a mixed variety of meat and animal body parts.

Wurst can be 'breuwurst' - fresh sausages, 'rohewurst' - raw sausages or bratwurst - cooked sausages.

# Spätzle

by Rachael

**German Name:** Spätzle

**English:** Noodles

**Region:** Spätzle are from the regions of Württemberg and Bavaria



**What are the main ingredients?**

Egg, flour, salt and water.

**What meal is it eaten at?**

It would accompany meat and sauce (eg. a casserole) at the main meal, which is Mittagessen (lunch).

## **Sauerkraut**

**German Name:** Sauerkraut

**English Name:** Sour Cabbage

**What region is it from?**

Sauerkraut comes from all over Germany.

**Why is it an important German food?**

Because it is a pickled food. Pickled food is soaked in salt water or vinegar. These became popular before refrigeration because it preserved the food. It also became popular because Frederick the Great of Prussia (in the 1700s) had a monopoly on salt - all salt had to be bought from him. Everyone in Berlin was made to buy lots of salt, so they started pickling everything just to use it up! Lots of recipes were invented, including Sauerkraut, Rotkohl, Rollmops (pickled fish & cucumbers) and Sauerbraten (braised pickled beef). It also became popular for use on long British sea voyages to prevent scurvy.

**What are the main ingredients?**

White Cabbage, Salt

**What meal is it eaten at?**

It is used as a relish in meat dishes usually at lunch.



## **Brezeln/Brezn**

**German name:** Brezeln/Brezn

**English name:** Pretzels

**What region is it from?**

From southern Germany and Switzerland. It is particularly famous in Bavaria.

**What are the main ingredients?**

It is a type of bread made of flour, yeast, water, sugar and is sprinkled with salt or sesame seeds. It is formed into a shape of a three-looped knot, said to represent the trinity and arms folded in prayer.

Did you know that the phrase 'to tie the knot' (which means to get married) arose from the pretzel! The loops stood for everlasting love!

**What meal is it usually eaten at?**

It is eaten for breakfast in Bavaria with Weisswurst (veal boiled sausages)

In other areas Pretzels are popular pastries, which are eaten as snacks, sometimes with yoghurt or milk.



# **Roggenbrot**

**German name:** Roggenbrot

**English name:** Rye Bread

**What region is it from?**

All over Germany.

**What are the main ingredients?**

Rye flour. It might also contain various seeds, eg. sunflower, linseed or pumpkin seed. It is a sourdough bread. Germans use almost all types of grain for their breads! Some breads are even made with potato flour.

Other popular breads include: Roggenmischbrot (rye-wheat), Toastbrot (toast bread), Vollkornbrot (wholegrain), Weizenmischbrot (wheat-rye), Weißbrot (white bread), Mehrkornbrot (multi-grain), Sonnenblumenkernbrot (sunflower seed), Kürbiskernbrot (pumpkin seed), Zwiebelbrot (onion bread).

Pumpernickel is a steamed sweet-tasting bread.

**Why is it a famous German food?**

Because it is seen as essential for a healthy diet. It probably became popular because it used all kinds of grains that could be grown easily and inexpensively. Germany has over 600 types of bread!

**What meal is it eaten at?**

Frühstück (breakfast) and for sandwiches at Abendbrot (supper). It is **not** served as a side dish at the main meal - Mittagessen.

## **Rösti**

**German name:** Rösti

**English name:** Hash brown

**What region is it from?**

Rösti is actually a Swiss dish, which originally came from Bern.

**What are the main ingredients?**

Potatoes! They are grated, then fried, sometimes with butter or oil. The rösti potato is used! They can be small patties (like a hash brown) or the size of a small frypan.

**Why is it a famous German food?**

It's actually Swiss! But it is popular with Germans too. Potatoes grow well in Switzerland and Germany which is why it is a popular food.

**What meal is it eaten at?**

Traditionally it was eaten at breakfast but now it might accompany other dishes like Leberwurst/Fleischkäse (a type of meatloaf) or Cervelas (a type of sausage eaten in some parts of Germany and Switzerland).

